

Mon	Tues	Thurs	Sunday	Weeks out	Training Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
11/20/17	11/21/17	11/23/17	11/26/17	17	1		4 Easy	Off		3 Easy	6 Easy	4 Easy
11/27/17	11/28/17	11/30/17	12/3/17	16	2	4 Easy	3 Pace	Off	12 x 400; 400 recov	4 Easy	6 Easy	4 Easy
12/4/17	12/5/17	12/7/17	12/10/17	15	3	4 Easy	3 Pace	Off	8 x 600; 400 recov	5 Easy	7 Easy	5 Easy
12/11/17	12/12/17	12/14/17	12/17/17	14	4	4 Easy	3 Pace	Off	6 x 800; 400 recov	4 Easy	8 Easy	6 Easy
12/18/17	12/19/17	12/21/17	12/24/17	13	5	4 Easy	4 Pace	Off	5 x 1000; 400 recov	5 Easy	10 Easy	6 Easy
12/25/17	12/26/17	12/28/17	12/31/17	12	6	5 Easy	4 Pace	Off	4 x 1200; 400 recov	6 Easy	12 Long	6 Easy
1/1/18	1/2/18	1/4/18	1/7/18	11	7	5 Easy	4 Pace	Off	3 x 1600; 600 recov	6 Easy	10 Easy	5 Easy
1/8/18	1/9/18	1/11/18	1/14/18	10	8	6 Easy	5 Pace	Off	5 x 1000; 400 recov	6 Easy	12 Long	6 Easy
1/15/18	1/16/18	1/18/18	1/21/18	9	9	5 Easy	5 Pace	Off	6 x 800; 400 recov	6 Easy	10 Easy	5 Easy
1/22/18	1/23/18	1/25/18	1/28/18	8	10	7 Easy	5 Pace	Off	12 x 400; 400 recov	5 Easy	12 Long	6 Easy
1/29/18	1/30/18	2/1/18	2/4/18	7	11	5 Easy	6 Pace	Off	6 x 1 mi; 400 recov	6 Easy	10 Easy	5 Easy
2/5/18	2/6/18	2/8/18	2/11/18	6	12	5 Easy	6 Pace	Off	4 x 1.5 mi; 800 recov	5 Easy	14 Long	6 Easy
2/12/18	2/13/18	2/15/18	2/18/18	5	13	7 Easy	6 Pace	Off	3 x 2 mi; 800 recov	6 Easy	10 Easy	5 Easy
2/19/18	2/20/18	2/22/18	2/25/18	4	14	5 Easy	7 Pace	Off	2 x 3 mi; 1 mi recov	5 Easy	14 Long	6 Easy
2/26/18	2/27/18	3/1/18	3/4/18	3	15	7 Easy	7 Pace	Off	3 x 2 mi; 800 recov	6 Easy	10 Easy	5 Easy
3/5/18	3/6/18	3/8/18	3/11/18	2	16	5 Easy	7 Pace	Off	4 x 1.5 mi; 800 recov	5 Easy	14 Long	6 Easy
3/12/18	3/13/18	3/15/18	3/18/18	1	17	7 Easy	5 Pace	Off	6 x 1 mi; 400 recov	6 Easy	8 Easy	5 Easy
3/19/2018	3/20/18	3/22/18	3/25/2018	0	18	5 Easy	6 Easy	Off	5 Easy	3 Easy	Race	